



Annual Conference and Awards Ceremony

23rd March 2024

As part of the celebrations for

Complementary Therapy Week



We are delighted to be able to invite you to our 2024 Annual Conference. As in previous years it is fully catered with a lovely buffet. This year's speakers will once again be covering a range of therapies supporting your professional development and giving you new ideas to pursue in the coming year and as agreed at last year's conference, the theme is around energy therapies. You will receive 6 CPD points for attendance and the event is free to our premier members. Everyone needs to book a ticket so we can cater for the right number of people and have the correct number of resources for the workshops and goody bags for you to take away. Please do let us know after booking if you have any dietary requirements. The tickets are £65 to anyone else who would like to attend and free to our Premier Members.

AGENDA

9.30 Registration - Hot beverages will be available

10.00 CHP Welcome, News and General Update

10.10 Do-in Group Exercise.

10.25 Carole Preen – Using Essential oils in the Human Energy Field and Chakra system – Carole is one of our directors and her passion has always been around essential oils. She has been an aromatherapist since 1993 and trained in crystal therapy in 1997. She has taught aromatherapy and crystal therapy since 1998, as well as other therapies she has trained in. Carole has also been influential in the current UK aromatherapy standards, working for the Aromatherapy Council. In this workshop, Carole will share her knowledge and experience of working with essential oils to influence the aura and chakras and you will all get the chance to practice on each other on the day. Prepare for some amazing responses and we will even have tissues at the ready as there may be some emotional releases! A full online CPD course is available for aromatherapists and essential oil therapists at: <http://www.naturaltherapeutics.co.uk/>

11.15 Coffee Break (hot tea and coffee with biscuits available all day)

11.30 Dan Stephens – Using crystals alongside other complementary therapies

This workshop will explain and demonstrate how crystal therapy works and how you can use some simple techniques with certain crystals during massage, reflexology and other body work, as well as incorporating it into reiki or other healing practices. You will be working on pairs to put the knowledge gained into practice! For further information on training in crystal healing, visit www.naturaltherapeutics.co.uk

12.15 Martin Thirlwell – Using Reiki in Hospitals & Hospices -

Martin runs Reiki Tradition in Oldham and as well as teaching Reiki on both people and animals, he also has a thriving clinical practice, which includes giving reiki treatments within the NHS. In this talk, Martin will share his experiences and offer guidance to anyone wanting to work in this area. For full details visit: <http://www.reikitradiation.me.uk>

12.45 Lunch Break - this event is fully catered with a buffet and hot drinks (and water)

14.00 CHP Annual Awards Ceremony

Awards will be given for the two categories: Student Practitioner of the Year, Practitioner of the Year

14.10 – Julie Quinn – Working the Chakras with reflexology

Julie has been practising reflexology since 1995 and teaching reflexology diplomas since 2001. As well as practising reflexology and other complementary therapies, Julie was influential in developing the current UK reflexology standards as part of her role on the Reflexology Forum. She currently works at the Mulberry Centre in West London managing complementary therapies in palliative and cancer care. Julie also offers training privately, accredited by CHP. For details on training visit www.juliequinn.com

15.00 - Afternoon comfort break

15.40 Jonathan Hinde - Ayurvedic marma points and essential oils

Marmas are delicate, sensitive points on the body where there is the most direct connection between consciousness and physiology / mind and body. The seven 'mahamarmas' (maha = 'great') are the points on the skin that correspond with the seven chakras, which are located on the spine. Because they are delicate, marmas must be treated with gentleness and respect, and a system of treating the marmas, Sukha Marma Therapy (Sukha = ease, joy, bliss) has been developed by Dr Ernst Schrott. The technique uses oil blends on specific points of the body, and can have benefit for conditions as diverse as back pain, headache, digestive problems, insomnia, sinusitis. It includes a treatment regime for scars, which can have both physical and emotional aspects. Jonathan Hinde trained with Dr Schrott for eight years. Contact info: <mailto:jonathan@oshadhi.co.uk>
Website: www.marma-therapy.com

16.25 – Panel Q&A

By popular request, all the speakers will be available on a panel at the end of the day to answer your questions and for you to voice your ideas. We are open to having progressive discussions that can be taken forward as part of the work CHP does for its members on the various Councils it sits on.

16.45 End of conference

Please note that CPD certificates will be emailed out in the weeks following the conference for those confirmed attendees. You achieve 6 CPD points for attendance.

Please complete your feedback form before leaving - thank you!

New Venue Details:

**The Business Xchange Hub
Sunley House,
4 Bedford Park,
Croydon,
CR0 2AP**



VENUE DIRECTION

Short 7-minute walk from East Croydon Station (served by National Rail (Thameslink -St Pancras Int., London Bridge on the Brighton to Bedford line and London Victoria and Southeastern via Charing Cross), Tramlink and London Buses (Travelcard Zone 5)).

Short 5-minute walk from West Croydon Station (It is served by National Rail (London Victoria and London Bridge), London Overground, Tramlink and London Buses services and is in Travelcard Zone 5).

Parking – secure parking is available nearby at Ruskin Square Car Park, Dingwall Rd, East, Croydon CR0 2NB and has good reviews. It costs £12 for 10 hours and £16 for 24 hours if you are staying overnight.

If you are looking for street parking, you do need to be careful as most of the streets around Croydon centre are either double red lines or resident permit parking.

Sunley House also has on-site parking available, so we will update this agenda with details once we have received them.

Accommodation – Premier Inn, Phillips House, 6 Lansdowne Rd, Croydon CR0 2BX.

Travelodge Croydon Central Norfolk House, Wellesley Road Croydon CR0 1LH

Hampton by Hilton London Croydon, Groupama House CR0 2NB